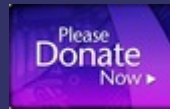




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Please help support Our Temple, Dharma Study, Resident Students Program Offering & Our Practice Programs for the Public.

Donations are tax deductible

[Public Practice Schedule:](#)

Monday

7:00 am Zazen

7:40 pm Morning Chanting Service

6:00 pm Zazen

6:40 pm Evening Chanting Service

Tuesday- Friday

6:00 am Zazen

6:40 am Kinhin (walking meditation)

6:50 am Zazen

7:20 am Chanting Service

7:40 am Soji (brief temple cleaning)

6:00 pm Zazen

6:40 pm Chanting Service

November 5 - November 19, 2013

HSZC.org

November Sangha e-Newsletter



RENUNCIATION: How is renunciation born? The first step in the practice of renunciation is finding that we have something to renounce, and what we have to renounce is our delusions. Delusions come naturally to us, because in our normal perceptual life we tend to see things as being "out there", existing on their own. We see people over there. We see walls over there. Even our own feelings seem to be over there, somehow separate from us. Whatever we're aware of we tend to make external and see as outside ourselves.

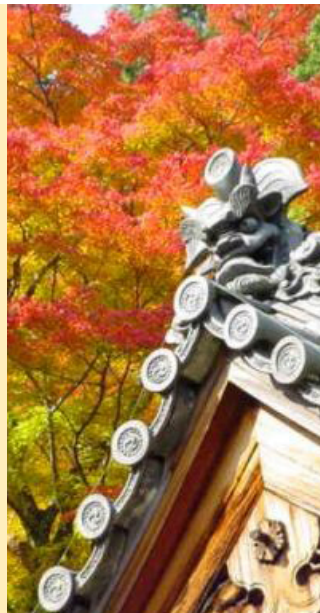
Once you externalize the world and feel separate from it, you feel isolated and threatened, and so instinctively try to grasp it. This grasping creates anxiety or pain. So the next phase in the process of renunciation is recognizing that people are anxious and suffering. Most people are anxious, but they think that they are not supposed to be, so they pretend that they are not. They walk around thinking I'm fine, but little things show you that they don't feel so fine. If you scratch their car, they fly into a rage. Or if you tell them that they're going to get fired they break down in tears. Things like that show that they are not so unafraid.

According to Shakyamuni Buddha, it's normal for human beings to be anxious, because it's normal for human beings not to understand themselves. When you don't understand yourself, your uncomfortable

Thursdays Study Hour 7:30pm

Saturday

6:30 am Zazen
 7:10 am Chanting Service
 7:25 am Soji
 8:30 am Drop-in instruction
 9:25 am Zazen
 10:15 am Dharma Talk
 11:00 am Refreshments/Social




and scared. When you realize that you're anxious, Buddha's teaching is to practice being patient with it...

[Tenshin Reb Anderson Roshi](#) - [Being Upright, Zen Meditation and the Bodhisattva Precepts.](#)



Rami , Peter, & Albert in the back Oct 2013

Upcoming Events:

 [Dharma Talks](#) - [Rev. Myo Lahey](#) - Nov 16,23, 30, Dec 7... @10:15am.

 [Guest Speakers Saturdays 2013](#) - **December 14** - [Beata](#) Chapman @10:15am

HIV Meditation Sitting Group

weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!
Thursdays & Fridays

10:30 am zazen

11:00 am garden socializing

Women's Sangha

(Women only)

weekly meditation group for women including guest speakers & socializing
Tuesdays

7:00 pm - 8:30 pm

Meditation in Recovery

(Men & Women)

weekly meditation group for men & women in recovery from addiction


Fridays, 7:30 pm - 9 pm


Women's Meditation in Recovery


(Women only)


monthly meditation group for women in recovery from addiction.
First Thursdays


7:15 pm - 8:45 pm

 **Full Moon Ceremony** - Saturday, November 16, 2013 @ 11am - The Full Frosty or Full Beaver, Moon.

 **Sangha Council** - November 23 @ 12:30pm


 **Founder's Memorial** - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm


 **Study Hour** The Book of Serenity, we have books to share, we read together, feel free to drop-in - Thursdays @7:30pm

 **Winter Light Retreat/Sesshin ending with Rohatsu**, - December 4 evening thru 8 mid-day

 **Jukai Ceremony**- December 8, 2013 @11am

 **New Year Ceremony & Celebration**- December 31, 2013 @7:30pm - 12:00am Jan 1, 2014

 **HSZC will be closed the following upcoming days: November 11th, 28th, Dec 24, Dec 25, Jan 1 (after new years Celebration/Ceremony).**

 **Next Board of Directors' Meeting** - Second Wednesdays of the month: November 13th @7:30pm (you're welcome to attend & observe)

Words from Our Abbot: Rev Myo Lahey

Sometimes when people see the so called Dharma teacher's slip is showing, they get discouraged. And they go looking for someone with no slip showing. Well that's okay, but, again it's usually pretty dangerous to think that so-and-so, not only has no slip showing, but doesn't even have one. That's how cool they are. This is usually dangerous, because then you are, so to speak (although you can't) giving up your own awakened mind and putting it on someone else...

[June 3, 2006](#)

From the Garden: Autumn

T.E. Hulme (1909)

A touch of cold in the Autumn night—
I walked abroad,

And saw the ruddy moon lean over a hedge
 Like a red-faced farmer.
 I did not stop to speak, but nodded,
 And round about were the wistful stars
 With white faces like town children.



Oct 2013, Mountain Seat Ceremony
 Terri & Sister MayJoy Bewithyou

Dharma from unlikely places: *The Eagles: Jackson, Frey 1972*

"Don't let the sound of your own wheels drive you crazy
 Lighten up while you still can
 Don't even try to understand
 Just find a place to make your stand, and take it easy..."

HSZC Sangha Member Muse: [Peter Goetz MFT](#) -

Tokusan (Dharma Name)

*'You never know what is enough unless you know what is more than
 enough'*

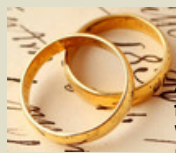
-William Blake (*from The Marriage of Heaven and Hell*)

Alcohol use is everywhere in our society. It's socially sanctioned, easily available and a part of many social gatherings, particularly those starting after 5pm. Many folks drink to wind down an edge of stress from their day or as a conversational lubricant when gathering with friends. This is normal, it has wide societal support and people can and do continue their drinking patterns for years without adverse reactions. For them, drinking is part of



their world, seldom given much consideration, a routine part of life. Good! We might call that an entangled relationship.

Relationships of any kind come in many shapes and forms and they change over time. Drinking may have started for you as something you simply *did*, but over time become something of a silent partner. As time passes, this relationship develops and deepens but still may not feel like a relationship. It's not like a being you're interacting with, of course, but it sure may be talking at you. The question is: are you listening? [\(the rest of article. click here\)](#)



Seeking a LGBTQI, Buddhist space for "the" big commitment (Marriage)? HSZC & Abbot Rev. Myo Lahey can be a part of this amazing & love filled ceremony. HSZC can house your Zen Buddhist Wedding ceremony & Rev Myo can perform weddings! Please email hszc108@yahoo.com, call us, or the best way to discuss is to stop by during our publicly open hours.

Abbot, Hartford Street Zen Center (HSZC) --- Reverend Myō Lahey



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Please submit stories, reflections, personal news, artwork & photography for future newsletters to
tetsugen.keido@yahoo.com

May this newsletter find you well & filled with equanimity! __/__

